

Vegetable Pizza - USDA Recipe D300A

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

D30A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pourable pizza crust (B-15)					1. See B-15 for pizza dough ingredients and directions. Set aside for step 9.
Egg whites	1 lb	2 cups	2 lb	1 qt	2. In a medium stock pot combine egg whites, water, and 1 cup (about 9 1/3 oz) tomato paste. Stir well. Slowly add remaining tomato paste. Simmer uncovered over low medium heat for 3 minutes. 3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Water		1 qt 3 cups		3 qt 2 cups	
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 cups (1/2 No. 10 can)	
*Fresh onions, chopped	12 oz	2 1/3 cups	1 lb 8 oz	1 qt 2/3 cups	4. Add onions, spices, garlic, salt, and pepper. Stir well. Simmer uncovered over medium heat for 15 minutes. Set aside for step 10.

Dried oregano		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 Tbsp		2 Tbsp	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
					<p>5. Critical Control Point: Cool to 41 °F or lower within 4 hours.</p> <p>6. Critical Control Point: Hold at 41 °F or below.</p>
*Fresh onions, chopped	12 oz	2 1/3 cups	1 lb 8 oz	1 qt 2/3 cups	<p>7. Combine raw onions, tomatoes, peppers, broccoli, mushrooms, squash, and zucchini in a large bowl. Stir well. Set aside for step 12.</p>
*Fresh tomatoes, diced	1 lb 8 oz	3 cups 3 Tbsp	3 lb	1 qt 2 1/4 cups 2 Tbsp	
*Fresh green bell peppers, chopped	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh broccoli, chopped	8 oz	3 1/2 cups	1 lb	1 qt 3 cups	

*Fresh yellow squash, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
*Fresh zucchini, diced	14 oz	2 1/2 cups	1 lb 12 oz	1 qt 1 cup	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	2 lb 4 oz	2 qt 3 cups	4 lb 8 oz	1 gal 1 qt 2 cups	8. Set cheese aside for step 11.

9. Top each prebaked crust with the following toppings:

10. First layer: Spread 1 qt 2 cups (about 3 lb 3 oz) tomato paste mixture on crust.

11. Second layer: Sprinkle 1 qt 1 1/2 cups (about 1 lb 2 oz) shredded cheese over tomato paste mixture.

12. Third layer: Evenly distribute 2 qt 2 cups (about 2 lb 13 oz) raw vegetable mixture over cheese.

13. Bake until heated through and cheese is melted:

14. Remove from oven. Let stand for 10 minutes before cutting.

15. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).



Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 oz meat/meat alternate, 5/8 cup vegetable, and 2 servings grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	3 lb 8 oz	7 lb
Tomatoes	1 lb 12 oz	3 lb 8 oz
Green bell peppers	1 lb 4 oz	2 lb 8 oz
Broccoli	10 oz	1 lb 4 oz
Mushrooms	10 oz	1 lb 4 oz
Yellow squash	1 lb 6 oz	2 lb 12 oz
Zucchini	1 lb	2 lb

Serving	Yield	Volume
See Notes	50 Servings: about 20 lb 2 oz 100 Servings: about 40 lb 4 oz	50 Servings: about 2 gallons 2 quarts 1/4 cup / 2 sheet pans (18" x 26" x 1") 100 Servings: about 5 gallons 1/2 cup / 4 sheet pans (18" x 26" x 1")

Nutrients Per Serving

Calories	232	Saturated Fat	2 g	Iron	2 mg
Protein	12 g	Cholesterol	11 mg	Calcium	171 mg
Carbohydrate	35 g	Vitamin A	597 IU	Sodium	369 mg
Total Fat	5 g	Vitamin C	16 mg	Dietary Fiber	4 g